How can you use WITS to solve a conflict?

Walk away
Leaving takes you out of the conflict. Do it calmly and walk somewhere safe, like a classroom.

Ignore
Kids who bully often want a reaction so just ignore them. Stay calm, keep doing what you’re doing, and hang out with kids who support you.

Talk it out
Stand up for yourself and your friends. Say, “Please stop” or “That’s rude” or use “I” statements, like “I feel hurt when you say that.” Talk firmly, without name-calling.

Seek help
Get help if someone could get hurt, you’re afraid, you can’t handle it alone, or your attempts didn’t work. Seeking help isn’t tattling. It’s making your school and community safer!

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